

Fun & Healthy Recipes for the Entire Family

Baked Chicken Fingers

4 boneless, skinless chicken breasts
2 tablespoons cornstarch
1 egg
1 cup buttermilk
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 cup all-purpose flour
1 cup bread crumbs
Nonfat cooking spray

Preheat oven to 350 degrees. Cut chicken breast into ½-inch strips. Mix together in a bowl with the cornstarch, covering each strip evenly. In another bowl combine the egg, buttermilk, salt, pepper, garlic powder, and onion powder. In a separate bowl combine flour and breadcrumbs. Cover the bottom of a non-stick baking pan with cooking spray. Dip each piece of chicken in egg mixture and then in flour mixture. Place each strip on baking pan. Bake for approximately 40 minutes, turning once, until chicken is cooked throughout and browned. Makes 8 servings.

Approx. per serving: 270 calories; 3 grams of fat.



Easy Monkey Bread

1 tube of quick biscuits (6 count)
¼ cup cinnamon sugar
Cooking spray
Bundt pan (ring-shaped pan that has a tube in the center)

Preheat oven to 400 degrees. Coat bundt pan thoroughly with cooking spray. Cut each biscuit into four pieces. Roll each piece of biscuit into a ball. Roll in cinnamon sugar mixture until covered. Drop pieces around the sprayed bundt pan. Bake in oven for about 10 minutes, or until the biscuits are done and brown on top. Flip the bread out of the pan and pull apart to serve. Makes 6 servings.

Approx. per serving: 72 calories, 3 grams of fat.

Sloppy Dogs

2 chicken or turkey hot dogs, sliced into ¼-inch rounds
1 15-ounce can pinto beans, drained
1 15-ounce can chili-style chunky tomatoes
¼ cup low-fat shredded mozzarella cheese
4 hamburger buns

In a small microwave-safe bowl, combine hot dogs, pinto beans, and tomatoes. Heat for two minutes on high. Have a grown-up remove the hot bowl from the microwave oven. Place open hamburger buns on plates and spoon sloppy dog mixture onto buns. Sprinkle with cheese and serve immediately. Makes 4 servings.

Approx. per serving: 329 calories; 6 grams of fat.